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# Philadelphia Journal of Osteopathy

Philadelphia College and Infirmary of Osteopathy

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# Philadelphia Journal of Osteopathy

V-4(r):1902

Philadelphia Infirmary of Osteopathy: all Diseases treated without Drugs. Consultation and Examination Free

OSTEOPATHY APPROVED BY LEGISLATURES OF SIXTEEN STATES



Subscription Price, 1.00 a Year

MAY, 1902 X

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PHILADELPHIA COLLEGE AND INFIRMARY OF OSTEOPATHY, Incorporated

Next Class Matriculates September 1, 1902. Write for Information  
Witherspoon Building, Walnut, Juniper and Sansom Streets, (Sixth Floor)

NEW ATLANTIC CITY OFFICE, 121 S. VIRGINIA AVE., OPENS MARCH 15, 1902



# Philadelphia Infirmary of Osteopathy

## Osteopathy Practiced as an Art

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Osteopathy treats all chronic diseases, very many of which have been abandoned as incurable by other systems of treatment. Statistics show that 80 per cent. of these we cure outright; 90 per cent. we greatly benefit; and 5 per cent. receive little benefit; none are in any way injured.

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### CONSULTATION FREE

Address all correspondence to the Philadelphia College and Infirmary of Osteopathy.

**O. J. SNYDER, A. C., M. S., D. O., President.**

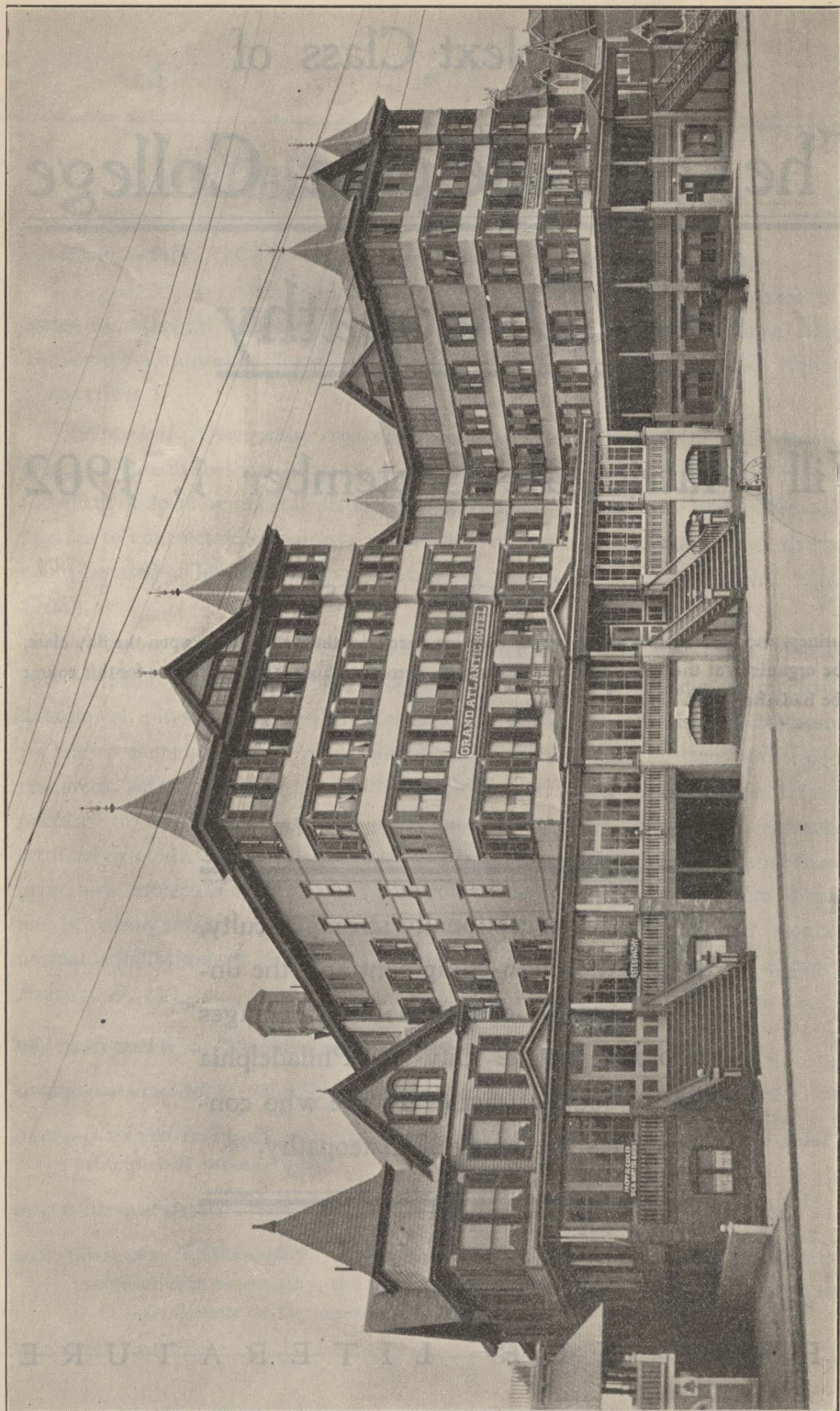
**MASON W. PRESSLY, Secretary and Treasurer.**

### WITHERSPOON BUILDING

(Sixth Floor) Walnut, Juniper and Sansom Streets

PHILADELPHIA, PA.





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# Osteopathic Treatment for Poor People

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Under no circumstances are students permitted to treat regular pay patients.

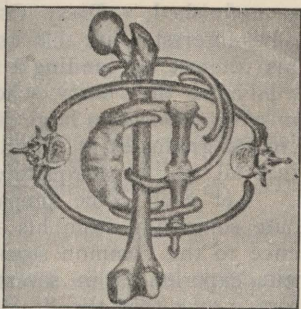
Dr. O. F. Snyder, President of the College, and Dr. Mason W. Pressly, the Secretary, personally examine and treat all regular patients.

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OFFICES

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# The Philadelphia Journal of Osteopathy

Offices: Witherspoon Building (Sixth Floor)  
Walnut, Juniper and Sansom Streets,  
Philadelphia, Pa.

Vol. IV.

May, 1902.

No. 5.

## Osteopaths Trace Grave Ills to Slight Jolts of the Backbone.

**A**RE you in the habit of jumping from a moving train or trolley car before it comes to a stop?

Have you any nervous trouble, irritability, neurasthenia, motor paralysis?

Such car-jumping habit and spinal disease stand to each other in the relation of cause and effect, so the Osteopath doctors declare.

The shock of the concussion when the feet strike the ground does the spine an injury, and more ills may follow than were ever dreamed of in the old medical philosophy that failed to recognize the extreme importance of the spinal nerve centres. Upon their continued healthful condition depend all the functions of the body.

One little jolt, of course, will not produce all this trouble. The cartilage cushions between the vertebrae are provided as a protection against just such a calamity. But in the bustle and hurry of the strenuous American life, where everybody is striving to save every stray second of time, it happens not once, but

repeatedly. And oft repeated joltings gather in cumulative effect until finally one or more of the vertebrae segments are thrown out of alignment. When the vertebrae thus slip from their position there is a strain brought to bear upon the ligaments and muscles binding them together, and this seemingly trivial mishap, occurring merely through the pounding of your heels against the hard pavements, is productive of the most far-reaching consequences.

At just the point in the spine where such a concussion spends its force a defective spot develops. It becomes a point of congestion, and there is a resulting impairment of physiological work. Such spots are easily detected. Few people are absolutely free from them. Let someone run the hand over the spine with a slight pressure, and these spots of congestion will be apparent in the "sore places" which the patient will feel. Such spots are found usually at the base of the neck, midway down the back and low down at the base of the spine.

How these localized injuries in the back bring about such dire results is perfectly plain from the standpoint of



Osteopathic science, and an Osteopathic practitioner, whether you come to him for headache or stomach trouble or gout, will invariably set about to find the seat of the disturbance in your spine. The nerves and blood vessels that form a perfect network on either side of the spine, from which they are distributed over the rest of the body, have for their work to carry nutrition to all these parts, to sweep drainage away and to give to all structures the special endowments of nervous tissue, sensation, motion, co-ordination. Now the congestion already spoken of, which occurs at the point of injury, means a blockade of the supply of nutrition. The small vessels are "pinched" so that they cannot transmit the blood in the normal quantity required to nourish the dependent parts. The nerves are either irritated to overwork if the congestion is slight or deadened to the point of paralysis if the pressure endures. Thus when nerves and blood vessels are affected in the spine, there are any number of disease processes which may result in the areas which they supply.

Now to correct these ills the Osteopath resorts to neither pills nor powders. He simply treats them all as spinal disorders and by purely mechanical means—the manipulation of bones and muscles and nerves—he attempts to remove the obstruction and congestion. This he believes gives nature, the greatest of all physicians, a chance to repair the breach. *The North American.*

### Next Annual

The Board of Trustees of the A. O. A. has chosen August 6, 7 and 8, as the time for our next meeting, at Milwaukee, Wisconsin.

The Committee on Publication promise us a good program and everything indicates a good meeting. Much of the

important work begun at the last meeting remains unfinished. Every Osteopath should be interested in this work and show his interest by lending a helping hand. I hope that every school will make an effort to secure a large representation of its graduates at Milwaukee in order that all may be adequately represented. Let each come prepared to contribute something from his stock of experience to the common stock of all.

Recent experiences in several State legislatures prove that the drug doctors are completely organized and united in their opposition to Osteopathy. A like effort on our part is necessary to cope with so formidable an organization. Success cannot be expected unless we show the same interest and self-sacrificing determination in our work as the drug representatives have shown in theirs.

Most respectfully,

E. R. BOOTH,

President A. O. A.

### The Household Physician

It tickles me almost t' death t' see th' doctors fight,  
Each one declarin' t' other's wrong and only him is right;  
When allypath an' homypath forever disagree,  
Exceptin' when they jine t' fight 'gainst Ostyopathe.  
Th' allypath will dope his sick th' pharmacopy through;  
Th' homypath will jim along with numbers 1 and 2.  
Th' Ostypath will knead y'r frame and loosen ev'ry bone,  
And then the Scientis' declares you'r saved by faith alone.  
An' some folks listen to th' talk each school has got t' make,  
An' dope themselves with pizen drugs f'r ev'ry pain and ache,  
They chose a school of medicine and help along th' fuss,  
Each one a gulpin' physic down an' growin' wuss and wuss.  
It tickles me to hear 'em talk, an' hear 'em argify,  
And see 'em pay th' doctor bills that figger mighty high.  
Th' remedies my mother made are good enough f'r me—



Some goosegrease on a flannel rag an' lots  
of bone set tea.

In spring when feelin' torpid an' my liver's  
out of plumb,  
Malar'y in my system an' each jint a feelin'  
numb ;  
When blood is out o' kelter an' each  
bone begins t' ache  
I fall back on th' remedies my mother used  
to make.

She didn't call no doctors in t' feed her folks  
on pills  
An' feel their pulse while lookin' wise, an'  
sendin' in big bills.

She kept us all a feelin' fine an' well as we  
could be  
With goosegrease on a flannel rag an'  
quarts of fennel tea.

Th' trouble with most men to-day is each  
has got a fad,  
Each boastin' of an' ailment that our fathers  
never had.

Appendycetus is th' talk, bacilly's all th'  
rage ;  
Th' men who have diskivered germs are  
heroes of th' age.

But I'm content with old-time ways, an' you  
kin bet y'r life  
No modern doctor ever gets t' carve me  
with his knife.

I'll just keep doctorin' myself, while doctors  
disagree,  
With goosegrease on a flannel rag and quarts  
o' sass frass tea.

### Osteopathy.

**C**ATTARRH is one of those diseases which is neglected more perhaps, than any other in the entire category and with its cousin colds, are the twin agents which lay the foundation for a series of diseases, which is the foundation of drug prosperity. They are the thin end of wedges which split up a great deal of good health. They demand attention, but, seldom receive it. To extend the figure, they are the rivulets which flow into the creeks and these form streams which deplete vitality. Catarrh calls for new blood and good blood to absorb and carry away its poison. Vigorous inhalation and exhalation, with proper exercise accompanied by nostril breathing furnishes a strong agent of destruction to poisonous

accumulation. This exercise is good in its proper place, but not effective out of its proper place. Functional activities must first be looked after and put in order before the exercise of breathing according to rule, can do much good. Rules for breathing indulged in and practiced no matter how faithfully fail to bring relief unless the functional relations are right and it is the business of the Osteopath to see that they are right.

One very common ailment among a great multitude of people is sore throat. This affection is often, in fact, generally due to depressed vitality, irritation and sometimes to the presence of bacteria, the third cause frequently being derived from the first and second.

The use of quinine to drive blood through the body may answer as long as the doctor does not know how to make the blood drive itself ; it will do it if it is right. The avenues are there and it is the business of the blood to go through them ; any artificial expedients are unscientific. There is a natural method and process, and ill health cannot be permanently dislodged by any other course than that which is natural. Painters use small hand instruments containing heat to burn off old paint and it is a good thing in its way. The surface from which the paint has been burned off does not present an attractive appearance. The surface which quinine has been used to burn off is similar in appearance and effect. There is a better method than burning with quinine and Osteopathy presents it.

The cause of much disease is due to the fact that the supply channels of the body are obstructed and the life giving currents do not reach their destination full freighted. The purpose of Osteopathy is to know what the human machine is, where all its parts are placed, their uses, their supports, actions, relations, separately and united.

The study of the bones, their relation one to all others, how they are attached to each other, how well formed to receive



attachment and insertions of all muscles and ligaments, how nicely divided each is and how well it is spaced so as to allow blood vessels and nerves of all kind to permeate and deliver all the fluids of life to the various parts of the body constitute the fundamental study in Osteopathy, a thorough acquaintance with which is absolutely necessary.

—

There is an infinity of exactness in which the motive forces of the body do their work; the constructive agencies all work in perfect harmony with their adjoining motive forces whose duty is to keep all vessels, channels and routes for the passage of vitality cleaned and purified.

—

Dr. A. T. Still, the founder of Osteopathy, asks a few pertinent questions, which when answered in the only way they can be intelligently answered, lay bare the broad foundation of the science of Osteopathy. Some of these questions are:

Does animal life contain the knowledge and the force to construct all of the parts of man?

Can it run the machine after it has finished it?

By what power does it move?

Is there a blood vessel running to all parts of the body to supply all these demands?

If it has a battery of force, where is it?

What does it use for force?

Is it electricity? If so, how does it collect and use this substance?

How does it convey its powers to any or all places?

How does man keep warm without fire?

How does he build and lose flesh all the time?

Where and how is the supply made and delivered to proper places?

How is it applied and what holds it to its place when adjusted?

Do demand and supply govern the work of construction of the body and its parts? If not, what does?

Are the laws of animal life sufficient to do all this work of building and repairing wastes and keep it in running condition?

If it does, what can man do or suggest to help it?

Is this machine capable of being run fast or slow if need be?

Does man have in him some kind of chemical laboratory that can turn out such products as he needs to fill all his physical demands?

If by heat, exercise or any other cause, he gets warm, can that chemistry cool him to the normal?

If too cold, can it warm him?

Can it adjust him to heat and cold? If so, how is it done?

Is the law of life and longevity fully educated in man's make up?

The underlying answer to all these queries is—that the human body contains and sustains within itself all the necessary machinery and functional capacity to manufacture and supply the power necessary to sustain the body, but the source from which this power is derived is not understood and lies in the background of existence so to speak, is undefinable and is known only in its manifestation.

The contrary view is that sustained by the Old School, namely, that the body is not complete, that it is deficient, that it lacks the capacity to supply its own forces and to distribute them, that it needs artificial assistance in the shape of drugs to supply temporarily disqualified functions for normal action.

This statement clearly differentiates the old school system from the osteopathic method. The one uses artificial



stimulants, the other uses the stimulants which Nature itself creates and sustains within the body. One says the Almighty made a bad job of man when he created him and the other says—the Almighty made a perfect machine, capable under intelligent direction of sustaining itself in health and vigor.

The great science of chemistry is useful in the mechanical arts but, when we come to apply chemistry to the human body, to the maintenance of health, to the generation of forces within it, we make the mistake of using the human organism as a dead machine. The result is—the human organism rebels, refuses to accept the mechanical agencies offered and instinctively demands the higher method of treatment, a method demanded by the recognition that man is a product of the Almighty and not a mere machine.

To keep health is even more important than to regain health. It is to this that the attention of the world is now being more fully called through the introduction of methods of health preservation. Comparatively few, clearly comprehend the degree of illness which is due, not to particular violations of the laws and rules of health, but to abnormal conditions within the body.

The popular impression is that a person is well until he is sick; the fact is overlooked that in hosts of people, conditions exist, which may at any time, act as pitfalls. These conditions and abnormalities are best known to the osteopaths who have an extended practice. Very few who come to them for examination are found to be free from liability to disease and sickness, not because of actual viola-

tions of laws of health, but from abnormal conditions within. It is becoming more and more imperative to call the attention of those seeking relief in osteopathic channels to this fact; to not be sick—is not to be well. The multitude of people who are suffering from unknown causes which doctors treat as diseases, is truly surprising. When these unknown and hidden causes manifest themselves within illness, the cause of that illness is seldom thought of, in fact, never thought of out of osteopathic channels. This is the defect, the almost criminal shortsightedness of old medical schools. They look at the outward and visible symptoms and attribute these symptoms to some diseased condition, whereas the diseased conditions, are in numerous cases due to natural or functional derangements or to greater or lesser hidden abnormalities and which must be corrected and normalized before a permanent remedy can be reached. It is on this that osteopathy rings and will ring its changes. It is to this fact that osteopaths are constantly recurring. The patients who do come to them are generally surprised at the demonstration that the illness complained of and suffered from, it is not due to disease, is not sickness, but something else. Something else which Osteopathy has discovered, can be reached by drugless methods.

The more the Osteopath delves into the science of the human construction, the deeper is he carried into the mysteries of being; at each step he discovers provision after provision made for all needed processes for heat making, for heat regulating, for the manufacture of acids and alkalies, of solids and solvents; besides, at every step, he encounters the evidences of a power of selection and a power of



transformation and a power of incorporation as well as a power of expulsion. All these powers are arrayed together and separately, each performing its proper function, it is the business of the Osteopath to discover whether each function is doing its duty, whether it is making heat, regulating it, making acids, providing solvents, whether the power of selection is active or dormant? There is a cause. That cause is latent, invisible, and manifests itself only in hidden channels, which do not reach the stage of symptoms until long after the average doctor is obliged to wait for symptoms to appear. Conditions exist a long time before symptoms exist. This is a fundamental truth. Until symptoms manifest themselves the doctor thinks there is no occasion for his services. The Osteopath looks deeper and recognizes that his domain is in that region of functional activity where the bodily forces are not co-operating properly, are not acting, are not collecting and distributing force and yet have not gone far enough to produce some pronounced ill which manifests itself outwardly. It is the charm of Osteopathy that it enables its practitioners to catch these enemies to health before they have encased themselves in their armor, before their guns are loaded as Dr. Still would say, before they have organized themselves into companies and brigades, before they have been compacted together and become able to upset and disarrange, to obstruct, to devitalize, in a word to set up a rebellion in the system, which calls for almost violent remedies to overcome them.

It is exceedingly difficult to popularize the truths of Osteopathy among the people and why? Because the agencies employed by Osteopathy can only be

properly compared to the microscope or to the telescope. Osteopathy looks far in and under, far back and behind all symptoms, all outward indications of ill-health. It penetrates the very seat of vitality. It calls upon every function of the body to give an account of itself. It examines every invisible joint of the armor of the human system. It deals with the invisible rather than the visible. It goes "behind the returns" to use a political phrase. It passes by what nineteen doctors in twenty stand before; in a sense, it ignores symptoms because it is seeking the cause of symptoms. It does not address itself to symptoms but it addresses itself to the causes far behind. To relax a contracted muscle before it has drawn a rib from its proper relation, to produce an abnormal pressure is far better than rubbing with Omega Oil, or taking pills to reduce temperature, or correct the liver. If some of the prescriptions of doctors could be understood by patients and their object known in their treatment the doctors would be ridiculed.

The *Journal of Osteopathy* is primarily designed to call the attention of the public to the system of Osteopathy and to its methods of affecting cures. In the pursuit of this purpose it deals with the general principles underlying the science and calls attention of its readers to the fundamental principles upon which it rests. It was not until 1894 that a school was opened for its publication. So successful has it been that there are now a score or more of schools and colleges wherein Osteopathy is taught. The science has been endorsed and legalized in more than a score of States, and it is fighting its way in several other States. Osteopathy in a nutshell is the science



of treating disease manually by the adjustment of all parts and organs to their natural relation with each other. It recognizes in man a most perfect and intricate and self-recuperating machine. There is no disease known to the human family which Osteopathy has failed to successfully encounter. It is in its infancy, and there is coming to it a host of highly intelligent, and thoroughly educated and conscientious and determined men and women who are making its study and practice the work of their lives. It appeals to the highest and holiest instincts of the human mind. It affords a relief from viscious and ineffectual drug systems which has been contributing its part to the degeneration of the human body. The *Journal of Osteopathy* will from month to month, present in a plain matter-of-fact way, and as clearly as it can, the principles upon which Osteopathy is based, and the methods which it takes to restore those out of health to health, and to enable those in health to preserve it.

#### High Testimony.

**W**HAT Dr. Brown, an M. D., who practiced in the old school for twenty years and then became an Osteopath, said, will well bear repetition. The Doctor said after becoming an Osteopath:

"Osteopathy is a progression, an advance step beyond medical practice. It is a natural treatment; medical practice is artificial. Osteopathy builds up vital force; drugs produce chemical changes among elements of the body, i. e., separate vital compounds and thus pull down and decrease vital force. In acute

cases, under Osteopathic treatment, the patient gets up at once as soon as the disease is conquered without having to go through a long period of convalescence; he lacks the ordinary weakness left after medicine is taken; the depression, "the all-gone feeling" is absent. So long as the human body is made as it is, and is functioned in all its parts and organs as now, and is subject to the external influences that now hem us in on all sides, so long will there be a need for Osteopathy to correct the alignment, malposition, malfunction and malnutrition of the several organs of the body, or in other words, its disorders. So far as my experience has gone since I began the practice of Osteopathy, I have not found it necessary yet, and so have not administered any medicine to my patients."

#### Senator Foraker on Osteopathy.

**S**ENATOR FORAKER has spoken words on Osteopathy which will well bear repetition. He said:

"If Dr. A. T. Still had discovered nothing new in medical science but what he has done for woman his name would go down the ages as the greatest physician of any age and one of the historical benefactors of the race. His system has made it possible for woman to escape most of the ills which she has been supposed traditionally to be condemned to suffer; he has made it possible for her to approach maternity in calm tranquillity, having assurance that its pains will be almost entirely overcome; and he has demonstrated that women need not spend their lives nursing functional derangements without finding succor. Who before has done so much in medicine? His



### To the Osteopathic Profession.

Dr. Louis Faugeres Bishop, lays stress upon the fact that, despite the popular belief, the rupture of a blood vessel is comparatively one of the least common evils of arterial degeneration. Far greater is the danger of the establishment of secondary disease of the heart and kidneys or the interference with the circulation in the brain, even to the extent of thrombosis. There are not a few cases where arterial degeneration has undoubtedly started, and yet a change in the mode of life and proper treatment has brought about an arrest of the condition. The condition once recognized, the management must consist more in hygienic measures than in the administration of drugs.

R. H. Babcock gives the following points in the Home Treatment of Pulmonary Tuberculosis: (1) The most successful treatment of the disease is hygienic and not medicinal. (2) This includes (a) the building up of tissue resistance by superalimentation; (b) a continuous, or as nearly continuous as possible, sojourn in the open air under conditions that are determined by the patient's temperature; (c) hydrotherapy; (d) the careful and methodical regulation of the patient's daily life. (3) Although these requirements can be best secured in a sanatorium, they can be obtained at the patient's home regardless of climatic conditions there prevailing.

Ibrahim calls attention to the fact that acute yellow atrophy of the liver is a condition that in all probability can be caused by a number of infectious agents. The fat in these cases is apparently derived from the degeneration of the liver perenchyma, and varies in quantity ac-

ording to the duration of the process. He has interested himself particularly in the forms of degeneration that occur, and after a study of the reports in the literature, reaches the conclusion that there may be proliferation of the liver cells that have remained normal, or of the epithelium of the interlobular biliary vessels, or of the interstitial connective tissue. The last form is really reparation rather than regeneration.

### Alcohol and Insanity.

All observers agree that alcohol is second in importance to heredity as a cause of insanity, although there is quite a variation in the percentages given by different writers. Clouston gives twenty-five per cent. of all insanities as due to it; Peterson from eighteen per cent. to twenty per cent. in males; Berkley from ten per cent. to thirty per cent.; Kraepelin ten per cent. in German asylums, and the British Lunacy Commission gives twenty-two per cent. in males and nine and one one-hundredths per cent. in females. In an analysis of ten thousand admissions to the Insane Hospital at Danvers, Mass., nine and twelve one-hundredths per cent. (seven and one one-hundredths per cent. males and two and eleven one-hundredths per cent. females) were cases of alcoholic insanity. That is the direct result, but so many cases of insanity apparently due to disease, trauma, financial and domestic worry have back of them the effects of alcohol as the primal cause, that we are perhaps justified in estimating another ten per cent. as due to it.

After alcohol come syphilis, the neuroses and mental strain, although, according to Peterson, twice as many persons become insane from physical causes as do from mental stress.



Dr. Tere, of Vienna, is said to have discovered that a rheumatic patient stung by bees feels no pain from the sting and is cured of his rheumatism. Acting on this suggestion he extracts the venom of bees and applies it by punctures for the cure of rheumatism, with reported success.

Russia, Germany and Roumania are reported to have entered into a mutual agreement to issue no passports in future to person with pulmonary affections.

### Acute Aortitis and Arteritis.

During recent years, French writers especially have been directing attention to the occurrence of acute inflammation of the aorta and of the arteries generally; they have contended, and their contention is probably well founded, that the subject has not received the attention that its importance merits; and they have attempted to formulate a symptom-complex that shall serve for the recognition of acute aortitis. A number of these writers have busied themselves especially with acute inflammation of the aorta. This is said to manifest itself by substernal pain, a sense of oppression, dyspnea, irregularity of the pulse, and fever—in some instances also by severer symptoms, unconsciousness, etc. That acute aortitis occurs under a variety of circumstances there can be little question. The symptoms, however, are so indefinite and of such a general character, that the diagnosis appears impossible, except to certain French clinicians; more particularly is it impossible to differentiate it from acute endocarditis.

Dr. W. Jarvis Barlow, of Los Angeles, Cal., after four years' effort, has raised sufficient money to purchase a site of twenty-five acres and begin the erection

of buildings for establishing free hospital for the indigent tuberculous of that city.

A camp consisting of twelve tents, one for each individual, has been established at Hemet, Riverside County, Cal. Each tent is provided with a court, screened from the others by a high wall of duck for physical exercise and daily exposure of the naked body to the sun and air.

Chinatown, in San Francisco, according to the President of the Board of Health, should be burned. As it is at present, he says, it cannot be rendered sanitary except by total obliteration.

"It should be depopulated, the buildings leveled by fire and its tunnels and cellars laid bare. Its occupants should be colonized on some distant portion of the peninsula, where every violation of sanitary laws could at once be detected. In this, and no other way, will there be safety from the invasion and propagation of Oriental diseases. The day has passed when a progressive city like San Francisco should feel compelled to tolerate in its midst a foreign community, perpetuated in filth, for the curiosity of tourists, the cupidity of lawyers and the adoration of artists."

The State Board of Health describes a recent attempt to clean up Chinatown.

"In all 1,185 buildings, containing 16,888 rooms and numerous hallways, stairways, sinks, yards, basements, sub-basements, water-closets and roofs, were cleansed, disinfected and fumigated. Fifteen hundred and eleven loads of garbage, or 4,533 cubic yards, were removed by the state force."

Dr. Griggs, of Philadelphia, says: "There is probably no more ill-used drug in the pharmacopœia to-day than



by drugs made in factories out of roots, leaves, and minerals, and reaches out after the drugs manufactured in finely adjusted quality and quantity in the human system. It teaches and demonstrates that the human machinery is a laboratory and workshop of exceeding power and exceeding fineness, and that within it are to be found from birth to decrepitude all needed agencies for the sustenance of life. It opens up vast and limitless possibilities for the maintenance of the maximum energy of physical and mental capacity. It opens a new untrodden field in which humanity will find means to hold and enjoy the means of healthful existence. The work of its journals is to carry the glad tidings to the people and bid them welcome at the door of the temple wherein is to be found life as nature intended life to be.

Osteopathy is gradually feeling its way by almost infinitesimal degrees from the physical basis of life to what might be termed the metaphysical basis. It is discovering some evidences and some characteristics of the invisible power behind the visible agency. It is recognized that some how or other and in some way or other that elusive power termed electricity is responsible for the manifestation of vitality and for the operations of those forces upon which vitality depends, but, this electricity is not the dead electricity of commerce. It is a vitalizing power which manifests itself in a thousand ways and through every nerve. How to make use of it, or rather how to understand it in order to use it is to-day the study of the most advanced osteopaths of the country. They see its manifestation. They know it emanates from the bosom of the universe. They see its outer workings, but they cannot yet penetrate to its inner forces. It is opening the door, and that door is only opened wide enough to show the

fiery furnace of power within and behind. The day is not far distant when osteopathy will present to the world a theory, a system, a method, an explanation, out of which and through which will be established a method of cure, will lift that science up on a higher basis.

\*\*\*

The breeding of blooded stock has become a great and growing industry. The progress from scrub stock to the almost perfect specimen of horses and cattle and dogs within a few years is surprising to all who have given attention to this subject; every animal that contributes to the support to the convenience or the comfort of man is being "blooded" up, so to speak. The methods pursued are suggested by experience and common sense. The results brought about are phenomenal. To this spirit of improvement we owe the two minute one and one-half second horse, to the cow that furnishes her barrel of milk daily, to the hounds that can scent a hare a mile off, to cattle that could stock a butcher shop, each, with tender steaks.

If there is an animal that is almost absolutely neglected and permitted to run to seed, to generate or degenerate, as the animal pleases, that animal is man. The production of a perfect type of man has not yet been thought of; the thought has not yet entered the domain of science. Abnormalities, equalities, maladjustments, deficiencies are met with everywhere. They are the rule and not the exception. What else could be expected, considering the ignorance that has prevailed for ages. It is rather to be wondered that degeneracy has not set in, degeneracy which not only effects the physical organism but the mental sphere of to-day's civilization. The steps which could be taken to that end are not taken. They are not yet even explored. A journal commenting upon this fact, says, what all osteopaths so well know, that eyes are frequently not the same shape, the curve of the face is different frequently, and the



arms are often disproportionately developed, that the chest is out of true, that the legs are not of the same length, and that the body is full of deviations from the normal skeleton in a multitude of ways, slight or pronounced. Every dressmaker knows that one woman in three or four has one hip higher than the other, and one in five has a shoulder too prominent or depressed, that the ribs on one side of the chest in many women are rounder or flatter than in another; that collar bones are too prominent or sink too far back in the neck where they become a fruitful source of diseases.

But, why define this stricture to women. A worse indictment could be

All these irregularities might be borne in quiet, were it not for the more serious factors which they emphasize. The secret behind all is just these, that these disturbances and irregularities and maladjustments of bodily alignment may act and do act as the original and predisposing cause to many ills in the medical calendar. Nerves impinge where they should not. In so doing they lose their power of transmission. They fail to vitalize the muscles to which they are sent. Reactions set in at different points. Obstructions arise, invisible and intangible perhaps, but obstructions, nevertheless, to that evenly and harmonious flow of vital forces which would obtain were the body in physical harmony with itself.

Osteopathy comes to regulate all this, and begins its work by discovering these misalignments, these abnormalities, these disarranged mechanical functions, the too highs and too lows, the too longs and too shorts; in fact, all those little fine disarrangements of physical structure which lay the foundation for defective distribution of nerve power and by reaction the lack of a proper blood supply. In seven cases in ten, no remedy can be given until the restoration to the normal of these abnormalities is effected. The body should be made as nearly

what it should be as is possible to make it. The average osteopathic patient would be surprised if he or she knew the number of little defects in structure, or the number of minor disarrangements which exist. Pills and pellets and doses cannot change the course of a nerve, it cannot release it from impingement, cannot correct any of the numerous bodily deformities. Osteopathy can and does.

The old school is realizing that it is being crowded to a corner, so to speak, by science. They are realizing more and more the fundamental truth that drugs so largely made up of phosphates, nitrates, sulphates, chlorates, carbonates and the like as well as the elements of iron and silicon cannot be directly absorbed through drug administration, that these chemical products if they are to be absorbed must be taken into the system in a derived state, i. e. derived from other organisms, viz.; plant or animal. This is a truth which strikes at the foundation of the whole drug system. The attempt through centuries to force the system to absorb these chemical products has produced disastrous results against which osteopathy arises to protest. Living organism cannot appropriate substance from dead minerals. The secret of drugs is that they stir up a particular organ or center to greater activity for the time being in order that a disease or defective part may meantime have an opportunity to return to its normal work by nature's aid. Drugs subvert natural physiological processes. Their fundamental purpose is to poison upon a greater or lesser scale.

\*\*\*

Dr. W. Edmunds (Old School), F. R. C. S., in speaking of goitre, says: The most obvious treatment is rest; change of air and quietude are also obviously indicated. Of drugs, belladonna stands in the best repute; bromide of potassium, digitalis, quinine and iron are also given. Thyreoid extract gives different results in different cases; in some it benefits, and in



others it makes matters much worse. There are three operations: Namely (1), operations on the cervical sympathetic, which are rarely of any service; (2), ligature of three of the four arteries to the thyroid gland, an operation which has met with a measure of success, but there may be difficulty in reaching the arteries behind the enlarged thyroid gland; and (3), excision. The danger in these latter cases seems to be of sudden death, yet this often occurs in cases that are not operated upon. The author suggests that such cases teach us, not that operations should not be performed, but they should be performed earlier.

This quotation is given to show the radically different methods performed by the surgeons and Osteopaths. Most goitre yields easily to Osteopathic treatment.

H. A. B.—I wish to suggest a cure for goitre which may be of value to some of your correspondents. I venture to write you that I had tried iodine, electricity and other supposed remedies for one of nearly 20 years' standing, but the goitre only increased in size. Since then, under Osteopathic treatment, it has greatly diminished and bids fair to disappear altogether. It is not a quick process, but is effectual. The treatment is not painful, but, on the contrary, pleasant.

I beg to thank Miss B. for her letter, and would suggest that all those correspondents that have written me concerning the cure of goitre should look into this matter seriously. Osteopathy, I should say, would be a remedy possibly for goitre, since it aims first of all to relieve pressure.—*North American*, March 15.

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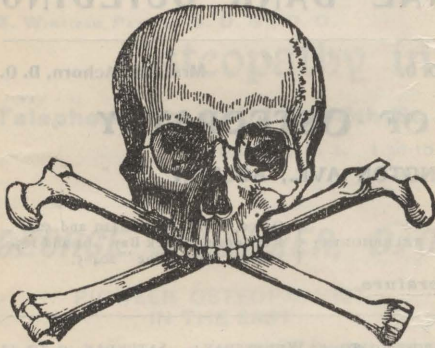
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